



4 種常見的香草

在我們的日常生活中，香草無處不在，無論是作為裝飾還是在烹飪中，都能發揮重要的作用。香草不僅增添了料理的風味，還擁有多種健康益處。讓我們一起了解於活力午餐中幾種常見的香草，包括迷迭香、月桂葉、百里香和羅勒，及其營養成分和潛在的保健效果。



1

迷迭香

迷迭香的香氣濃郁，常用於烤肉和燉菜中。其富含抗氧化劑，如迷迭香酸，能幫助減少自由基造成的損害。迷迭香還有助於提高記憶力和集中力，對腦部健康非常有益。此外，它的抗炎特性能減少身體的炎症，並促進血液循環。

2

月桂葉

月桂葉質地較硬，不適合直接生吃。葉常用於炖煮和湯品中，具有獨特的香氣和風味。它富含維生素A、C及多種礦物質，如鈣和鐵。月桂葉能促進消化，有助於減輕腸胃不適，並且其抗菌成分能抵抗細菌和真菌感染。



3

百里香

百里香是一種多用途的香草，常用於地中海和法國料理中。它含有豐富的維生素C和K，並具有強效的抗氧化特性。百里香的抗菌性質使其成為天然的防腐劑，有助於抵抗呼吸道感染，並舒緩咳嗽和喉嚨不適。

4

羅勒

羅勒是義大利料理中的關鍵香草，帶有甜美的香氣。它富含維生素K，對骨骼健康有益，並含有多種抗氧化劑，有助於保護心血管健康。羅勒的香氣被認為有助於舒緩焦慮，提升情緒，並且其抗炎作用能減少關節疼痛。



這些香草不僅為料理增添了風味，還提供了豐富的營養和健康效益。將迷迭香、月桂葉、百里香和羅勒融入日常飲食中，能讓你的飲食更加美味和健康。為減少鹽份的攝取，衛生署建議為烹調時多使用天然的調味料，例如蒜頭、洋蔥、胡椒粉、香草、薑、蔥、檸檬汁和香料代替鹽、豉油。為了學童的健康，活力午餐也會全力配合，減少使用調味料，幫助他們在未來減低患上心血管疾病、高血壓及中風的風險。





4 Common Herbs

In our daily lives, herbs are everywhere, playing an important role both as decoration and in cooking. Herbs not only enhance the flavor of dishes but also offer various health benefits. Below are some common herbs along with their nutritional components and potential health effects.



1

Rosemary

Rosemary has a strong aroma and is often used in roasting and stewing. It is rich in antioxidants, such as rosmarinic acid, which helps reduce damage caused by free radicals. Rosemary can also enhance memory and concentration, making it beneficial for brain health. Additionally, its anti-inflammatory properties can reduce bodily inflammation and promote blood circulation.

2

Bay Leaf

Bay leaves are commonly used in stews and soups, providing a unique aroma and flavor. They are rich in vitamins A and C, as well as various minerals like calcium and iron. Bay leaves promote digestion, help alleviate gastrointestinal discomfort, and their antibacterial components can combat bacterial and fungal infections.



3

Thyme

Thyme is a versatile herb frequently used in Mediterranean and French cuisine. It is high in vitamins C and K and possesses strong antioxidant properties. Thyme's antibacterial qualities make it a natural preservative, helping to resist respiratory infections and soothe coughs and throat discomfort.

4

Basil

Basil is a key herb in Italian cooking, known for its sweet aroma. It is rich in vitamin K, which supports bone health, and contains various antioxidants that benefit cardiovascular health. The aroma of basil is believed to help alleviate anxiety and elevate mood, while its anti-inflammatory properties can reduce joint pain.



These herbs not only enhance the flavor of dishes but also provide rich nutrition and health benefits. Incorporating rosemary, bay leaves, thyme, and basil into your daily diet can make your meals more delicious and healthy. To reduce salt intake, the Hong Kong Health Department recommends using natural seasonings during cooking, such as garlic, onions, pepper, herbs, ginger, scallions, lemon juice, and spices instead of salt and soy sauce. For the health of children, Luncheon star will also strive to minimize the use of seasonings, helping them reduce their future risk of cardiovascular diseases, high blood pressure, and stroke in the future.

